

Hot Bodybuilding Forums

We live in an age of information, and it's never been so easy to get advice and share ideas. Online forums are available for users to discuss every conceivable topic, including bodybuilding.

There is an ever-increasing interest in the area of bodybuilding. Men and women take up the sport to get in shape and to increase their own self-confidence. It's a sport and a hobby that countless enthusiasts freely discuss through Internet forums; and whether you are a budding fitness buff or a hardcore hard body, there are many online bodybuilding forums for you to use.

Searching bodybuilding forums will result in a wealth of information. Topics of discussion range from basic weight training and bodybuilding tips, to more exact subjects like supplement use and the pitfalls of taking anabolic steroids. Most forums welcome newcomers to post ideas and ask questions, and many user groups include professionals like fitness instructors and dieticians. Health and fitness enthusiasts of all degrees can gather to take advantage of this invaluable source of information.

One of the largest bodybuilding forums on the web is at elitefitness.com. With more than 70,000 members, the EliteFitness bodybuilding forum boasts one of the largest sources of information on hardcore bodybuilding and anabolic steroids in the world. Users can read several articles on bodybuilding, and tap into valuable underground intelligence on drugs and supplements like Clenbuterol, Deca, Dianabol, HGH, testosterone and Winstrol. There are tips for athletes, outlines of successful training routines and even a comprehensive photo gallery of professional bodybuilders. One of the benefits of being an EliteFitness forum member is the live journal where members can record their personal bodybuilding experiences and thoughts.

Bodybuilding.com is another site hosting a notable bodybuilding forum. The forum has over 300 active members and more than 500 guest postings. Unlike EliteFitness, this bodybuilding forum focuses more on sport-related health products and supplements, although it does include areas like training routines and exercises among its many forum topics. If you're looking for a source of information about particular health products, this forum is a great choice for you. In addition to product details and descriptions, you'll also have access to product reviews. Users of the bodybuilding.com forum are able to chat with bodybuilding pros and contestants taking part in various International Federation of Bodybuilders (IFBB) competitions. There is also a special section for teens to discuss bodybuilding with other athletes their own age.

The Anabolex Community Forum is an important online bodybuilding forum. This is the place on the Web where bodybuilders can post questions about current issues, and get factual answers. With sections dedicated to areas like counterfeit drugs, overseas pharmacies and cycle and post-cycle therapy discussions, many users find this forum to provide a cost-effective option of finding bodybuilding services and products. Other areas within the Anabolex bodybuilding forum include a training and nutrition zone for the latest news on diet, supplements, meal recipes and exercise habits. Special corners for Canadian and Australian bodybuilders provide specific information targeted to athletes residing in those particular countries.

Whether you're new to the sport of bodybuilding, or you're a seasoned athlete, you likely have many questions; and it's not always easy to find direct answers. Online bodybuilding forums can be the source of factual information you've been looking for. Registration is free, and the information is priceless.